



Jon S. Corzine, Governor • MARCH 2006 • Rolando Torres, Jr., Commissioner

## New Jersey becomes smoke free

The State of New Jersey has enacted the "NJ Smoke Free Air Act" (AC3730) to protect its citizens from the



harmful effects of smoking. Smoking is the leading cause of death in the United States, responsible for one in five American deaths.

The bill will require indoor public places and workplaces, including restaurants and bars, to be smoke free, with the exception of cigar bars or lounges, tobacco retail establishments and casinos.

The bill was approved by the Senate on December 15, by the Assembly on January 9 and becomes law on April 15, 90 days after it was signed by then-Governor Richard J. Codey.

The bill was prompted by overwhelming statistics that illustrate the dangers of second-hand smoke. It is believed that second-hand smoke causes as many as 53,000 deaths in the United States each year. Research has indicated that food service workers had the highest levels of exposure to second-hand smoke of any occupational group in the country. When the bill becomes law, New Jersey would join the ranks of at least ten other states that have implemented similar measures.

In conjunction with the NJ Department of Health and Senior Services and the American Cancer Society, *Working Well NJ* is currently scheduling smoking cessation sessions at State departments throughout New Jersey.

## Working Well NJ launches smoking cessation campaign

In conjunction with the NJ Department of Health and Senior Services and the American Cancer Society, *Working Well NJ* is scheduling smoking cessation "Train the Trainer" sessions on March 20 and April 5.

Anyone interested in attending a training session or implementing a program within your agency can contact Carrie Wynder at 609.292.8217.

### DID YOU KNOW?

- Smoking is the leading preventable cause of death and disease in New Jersey.
- Within 24 hours of quitting smoking, the chances of a heart attack decrease.
- Within 2 weeks to 3 months, circulation improves and lung function increases up to 30 percent.

## The benefits of New Jersey QuitCenters

by Ivy Pearlstein, APN, and Marc L. Steinberg, Ph.D.

Although the deleterious effects of smoking are well known, almost 20 percent of adults and almost 30 percent of adolescents in New Jersey continue to smoke cigarettes. Sadly, New Jersey loses almost 11,000 of its citizens to smoking attributable deaths each year. While many smokers try to quit on their own, most are unsuccessful. Research has shown that making a quit attempt with formal assistance is more effective than trying without help. This may be true because tobacco dependence includes powerful social, emotional, and behavioral components in addition to the physical addiction to nicotine. Thankfully, there are resources available to the many smokers who wish to quit, including a telephone counseling line (866-NJ-STOPS), an internet site [nj.quitnet.com](http://nj.quitnet.com), and several tobacco dependence clinics called "QuitCenters" where smokers can receive face-to-face support to

quit smoking.

While all three strategies can be helpful, the U.S. Department of Health and Human Services Clinical Practice Guidelines on Treating Tobacco Use and Dependence report that the effects of self-help strategies such as telephone lines are "smaller and less certain" than empirically supported individual and group counseling approaches like those offered at New Jersey's QuitCenters. State funded QuitCenters are mandated to provide treatments for tobacco dependence that have been empirically supported by good, solid research. At the Trenton Area Smoking QuitCenter, smokers seeking treatment can meet with a Tobacco Dependence Treatment Specialist for an assessment to discuss their treatment options and to develop a personalized treatment plan. Options include individual or group counseling and a wide

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## UPCOMING EVENTS

The winning department of the 1st Annual *Working Well NJ* Fitness challenge will be announced at the 2006 NJ Public Employee Recognition Awards Ceremony at the Trenton War Memorial on May 1, 2006.

### WWNJ LUNCH & LEARN SESSIONS

- Mar. 9 NUTRITION & DIGESTIVE DISORDERS  
12:00 - 2:00 PM  
Depart. of Environmental Protection
- Mar. 14 COLORECTAL CANCER  
12:00 - 2:00 PM  
Depart. of Human Services
- Mar. 15 COLORECTAL CANCER  
12:00 - 2:00 PM  
Motor Vehicle Commission

### WORKING WELL NJ SMOKING CESSATION

- Mar. 20 TRAIN THE TRAINER WORKSHOPS  
10 AM - 12:00 noon  
1:00 - 3:00 PM  
NJ Training & Conference Center  
Trenton
- Apr. 5 TRAIN THE TRAINER WORKSHOPS  
10 AM - 12:00 noon  
1:00 - 3:00 PM  
NJ Training & Conference Center  
Trenton

### MONTHLY HEALTH OBSERVANCES

- March National Colorectal Cancer Awareness  
National Nutrition Month  
National Diabetes Month
- April Alzheimer's Awareness  
National Minority Cancer Awareness

**To learn more about  
WORKING WELL NJ  
or to book an event  
at your department,  
please call Carrie Wynder  
at 609-292-8217  
or visit [www.nj.gov/personnel](http://www.nj.gov/personnel)**

## GO Red!

The Department of Health and Senior Services (DHSS) partnered with a number of public health and civic organizations to promote the American Heart Association's (AHA) *Go Red for Women* program throughout New Jersey.

*Go Red* is geared towards giving women the power to significantly reduce the risks of heart disease through education and awareness.

The AHA reports that heart disease is the number one killer of American women, and can often be prevented by basic lifestyle changes. Changing diet, increasing exercise and seeing a physician for regular checkups are simple examples that can extend and improve the lives of American women.

The key event of New Jersey's *Go Red for Women* efforts took place at the War Memorial in Trenton on Saturday, February 4, 2006. The program included health edu-

cation sessions, exercise programs, health screenings, refreshments, prizes, gifts and entertainment for New Jersey women of all ages and the families who love them.

DHSS worked in association with the Delta Sigma Theta Sorority, Inc. and its Trenton Alumnae Chapter; the American Heart Association; and the Women's Heart Foundation in coordinating this event and promoting Women's Heart Week from February 1-7.

"I'm glad to see local, state and national organizations working together on the *Go Red for Women*

movement to help New Jersey's women reduce their incidence of heart disease," said DHSS Commissioner Fred M. Jacobs, M.D., J.D. "Together, we are taking another step to educate women about making small changes in exercise and diet that can have tremendous impact on their health."

For more information on *Go Red*, visit [americanheart.org](http://americanheart.org).



## Yoga Anyone?

To encourage State employees to incorporate healthy practices into one's daily life, the Department of Personnel is offering lunchtime Yoga classes to its employees. The weekly classes, which are held during lunchtime, are only a small cost to employees and provide a high physical payoff for the amount of effort involved.

Yoga provides numerous benefits that include stress management, increased strength

and flexibility, and reduced anxiety and muscle tension. Yoga also improves posture and increases circulation.

"In today's hectic world, it's important to recognize that relaxed workers are healthier and happier. I encourage other State agencies to facilitate these types of programs, and in doing so, to help build a healthier and more productive NJ workforce," said Personnel Commissioner Rolando Torres, Jr.



*QuitCenters,*  
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variety of nicotine replacement products (e.g., nicotine gum, patch, lozenge, inhaler, spray) or bupropion. Counselors will also provide immediate feedback on the amount of carbon monoxide in the smoker's lungs. Counseling is free, and nicotine replacement products are available at greatly reduced rates. For more information about the Trenton Area Smoking

QuitCenter, call 609-396-7707 or stop by our office at 222 East State Street in downtown Trenton (across from Dunkin' Donuts) or visit our website at [nj.quitnet.com](http://nj.quitnet.com).

*The authors of this article are Ivy Pearlstein, APN, Tobacco Dependence Treatment Specialist, and Marc L. Steinberg, Ph.D., director, Trenton Area Smoking QuitCenter.*

# The solution to New Year's resolutions

By Joel Weintraub

As we conclude the year 2005 and continue our journey on to 2006, only two conclusions can definitely be made; the earth has successfully completed one more revolution around the sun and we will reflect and realize that our lives are not all they are cracked up to be...until the clock strikes 12:00 on January 1. At this magical hour, let the dreaming begin. "From this moment on, I will exercise and eat nutritionally so that I may develop a body like (pick your favorite movie star or athlete \_\_\_\_\_). I will make time for myself so that I may emphatically pursue my lifelong desire to become (pick your lifelong obsession) a (an)\_\_\_\_\_ and this time I will stick to it and actually achieve my goals."

Now that I've hopefully gotten your adrenaline level peaked to the next level, let's get back to reality. At this stage in your lives you've either followed through on all of your resolutions and are content with your station in life...or you are reading this with a danish in one hand and an article from Muscle and Fitness or Shape magazine in the other; or maybe you are the type who has spent all of your discretionary income on "get rich quick" books. Whatever your personal or professional ambitions, let's take the next few minutes to map out a strategy for you to accomplish these goals.

**GOALS.** The first thing you want to do is have one. What is your passion, your dream? What would make you spring out of bed in the morning with unbridled enthusiasm? When you have found your desire, write it down on a blank sheet of paper entitled, "my passion and goals."

**HAVE A PLAN.** Now that you know where you're going, let's map out how you are going to get there. Have specific and attainable

goals broken down into a five year, one year and daily to do list. It's consistency that will play a major part in your success. If you work at your dream for a specified amount of time every day, you will accomplish more than if you work at an exhausting pace whenever you "get in the mood."

**TEMPO.** It is important not to let process interfere with purpose. Don't just work for the sake of working. Become goal oriented. Don't use more than three clichés in a sentence. You should not be toiling in the trenches for no reason. Ask yourself, what are my goals? What am I trying to accomplish? Have I set

deadlines? Know what your objectives are and do whatever has to be done to get there.

**TENSION.** To increase positive tension and reduce procrastination, tell everybody your plan for greatness (without becoming overbearing) as well as your estimated time of arrival. After putting yourself "on the line" by bragging about when you expect to achieve success, friends and family will occasionally question your accomplishments. This should either help

to propel you into action or force you into avoiding any future contact with family and friends.

**ENJOY YOURSELF.** This is your dream, so enjoy your expedition. Learn to schedule time for work but also don't forget time for play and recreation. Every successful journey needs a break. Why do you think they have rest stops on the interstate?

*Joel Weintraub is a humorous educator who has managed to combine the formerly disparate fields of humor, health and productivity. For additional information you can contact Joel at 610-825-2179 or [www.joelweintraub.com](http://www.joelweintraub.com).*

## 10 easy tips for a healthier New Year

In this country, millions of Americans start off the new year by reflecting on the past year and setting goals with the hope of enhancing their lives in various ways. However, those who do not follow through with their intentions often feel like failures and therefore do not make any effort to improve their overall well-being.

The New Year **is** a good time for reflection, but it is a great time to focus on easy health tips that offer opportunities to feel good about accomplishing realistic resolutions. The website, [www.smallsteps.gov](http://www.smallsteps.gov), offers suggestions for adults, teens and children. Here are 10 good suggestions from the website:

- 1 **Drink water before a meal.**
- 2 **Use vegetable oils not solid fats.**
- 3 **Don't skip meals.**
- 4 **Try a new fruit or vegetable.**
- 5 **Stay active in the winter. Play with your kids.**
- 6 **Make sure your home has working smoke and carbon monoxide detectors.**
- 7 **Take a simple carrying fruit to work (like an apple at an average cost of 25 to 30 cents).**
- 8 **Avoid foods and drinks with preservatives, partially hydrogenated oils, and food dyes.**
- 9 **Make an effort to do something nice for someone (like opening a door).**
- 10 **Watch television programs or read articles that make you laugh.**

All of these recommendations are low-cost and require minimal effort, which can make you feel successful at realizing your New Year's resolutions, and hopefully enable you to create additional resolutions, or new health-related goals.

Look at each day as an opportunity to pursue healthier and safer lifestyles. Even small accomplishments can lead to a better sense of well-being, which not only benefits you, but benefits every individual around you. So remember, short-term resolutions can lead to long-term benefits.

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